Practice Abstinence
The surest way to avoid STDs is to not have sex.

This means not having vaginal, oral, or anal sex.

Have Fewer Partners
Agree to only have sex with one person who agrees to only have sex with you.

Make sure you both get tested to know for sure that neither of you has an STD. This is one of the most reliable ways to avoid STDs.

Talk With Your Partner
Talk with your sex partner(s) about STDs and staying safe before having sex.

Let’s both get tested together!

Why take a chance when we can know for sure?

The Lowdown on How to Prevent Sexually Transmitted Diseases

CDC estimates there are MILLIONS of new STD infections in the United States each year.

Anyone who is sexually active can get an STD.

Some groups are more affected by STDs and their outcomes:
- Adolescents and Young Adults
- Gay, Bisexual, and other Men who have sex with Men
- Pregnant Women and Infants
- Racial and Ethnic Minorities

Use Condoms
Using a condom correctly every time you have sex can help you avoid STDs.

Condoms lessen the risk of infection for all STDs. You still can get certain STD infections, like herpes or HPV, from contact with your partner’s skin even when using a condom.

Get Vaccinated
The most common STD can be prevented by a vaccine.

The HPV vaccine is safe, effective, and can help you avoid HPV-related health problems like genital warts and some cancers.

Who should get the HPV vaccine?

Most people say they used a condom the first time they ever had sex, but when asked about the last four weeks, less than a quarter said they used a condom every time.

Get Tested
Many STDs don’t have symptoms, but they can still cause health problems.

The only way to know for sure if you have an STD is to get tested.

If You Test Positive...

Getting an STD is not the end!
Many STDs are curable and all are treatable.

If either you or your partner is infected with an STD that can be cured, both of you need to start treatment immediately to avoid getting re-infected.

The Good News
STDs ARE preventable. There are steps you can take to keep yourself and your partner(s) healthy.

Here’s How You Can Avoid Giving or Getting an STD:

View Infographic Online at: www.cdc.gov/std/prevention/lowdown/